



June is all about men's health. As with any cancer, the earlier it is found, the easier it can be treated and or prevented. According to the American Cancer Society, 190,000 new cases of prostate cancer are diagnosed in the U.S. each year. Other than skin cancer, prostate cancer is the most common cancer in American men. Prostate cancer is typically slow-growing, but there are also aggressive, fast-growing types. For this reason, it is important to pay attention as symptoms develop, and be proactive about prostate health.

The prostate is the walnut-sized gland below the bladder that produces some of the fluid in semen. As men age, the prostate can grow larger, sometimes pressing on the bladder or urethra, causing symptoms similar to prostate cancer. This is called benign prostatic hyperplasia (BPH). It is not cancer and can be treated if symptoms become bothersome.

### Get Screened

Early screening can often find prostate cancer in men before symptoms develop, when treatments are most effective. Screenings can include a digital rectal exam which checks for

bumps or hard spots on the prostate, or a blood test to check for prostate specific antigens (PSA). The American Cancer Society suggests talking with your doctor about benefits of the PSA test. A PSA is generally done at age:

- 50 for average-risk men.
- 45 for men at high-risk. This includes African-Americans.
- 40 for men with a strong family history of prostate cancer.
- If a physical exam or PSA test suggests a problem, your doctor may then recommend a biopsy. The results of a prostate biopsy are given in a Gleason Score. Gleason scores help to guide the type of treatment your doctor will recommend.

### Symptoms

In the early stages of prostate cancer, men may have no symptoms. Later, symptoms can include:

- Frequent urination, especially at night
- Difficulty starting or stopping urination
- Weak or interrupted urinary stream
- Painful or burning sensation during urination or ejaculation
- Blood in urine or semen

### Treatment

If cancer is detected, the doctor may recommend three primary types of treatment: radiation, chemotherapy and/or surgery. Erectile dysfunction can be a side effect of prostate cancer treatments. Generally, erectile function improves within two years after treatment. The fear of erectile dysfunction can keep many men from having the initial screening.

### Prevention

Fortunately, there is a lot that men can do to keep their prostate healthy—and minimize risks of developing cancer:

- Stay active.
- Eat more fruits and vegetables, especially the brightly colored ones.
- Be tobacco free.
- Keep a healthy weight.
- Tell your doctor if you have a family history of prostate cancer, especially father and/or brother.
- Get a PSA blood test and digital rectal exam annually, beginning at age 50.

**Resources:** WebMD.com and American Cancer Society

# Summer Heat and Your Health

Summer is a great time to be active outdoors. When it's hot outside, more blood flows near the skin to help dissipate body heat and cool the body down, keeping your body temperature from rising to dangerous levels. That can mean less blood reaches your muscles, resulting in fatigue. If you are cautious, you can stay healthy and active outdoors, and enjoy the summer.



## Here are some tips to avoid heat exhaustion and heat stroke:

**Stay informed.** Know the local weather forecasts so you can plan.

**Know the risk.** People 65 and older, infants and children, and people with chronic medical conditions are generally more susceptible. Athletes and those with outdoor jobs should be extra-cautious in the heat.

**Keep cool.** Stay in air-conditioned buildings as much as possible. Avoid direct sunlight. Restrict your outdoor

activities to the cooler parts of the day - before 10:30 a.m. or after 5:30 p.m.. Dress in lightweight and light-colored clothing. Take cool showers or baths. Check on those most at-risk twice a day.

**Stay hydrated.** Drink more water than usual. Don't wait until you're thirsty to drink more fluids.

**Know the signs.** Signs of heat exhaustion: heavy sweating, weakness, cold, pale and clammy skin, fast or weak

pulse, nausea or vomiting. The signs of heat stroke: high body temperature above 103 degrees F; hot, red or moist skin; rapid and strong pulse; fainting and possible unconsciousness.

**Be prepared.** If a medical emergency occurs, move the person to a cool environment and call 911.

**Resources:** [cdc.gov](http://cdc.gov) and WebMd

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## Success Story



### Carol Waring tells how she made her wellness program soar!

"I work with a great group of folks who are very supportive and also share the same philosophy: healthy employees are happy employees. After several discussions with my boss, we knew that we were on the same page and wanted our wellness program to soar!

It has always been my desire to help others. When I had the opportunity to do this as Wellness Coordinator for the Diocese of Palm Beach, I was thrilled beyond belief!

With that in mind, I began reaching out to hospitals, clinics and practitioners of different disciplines to grow our wellness program and health fairs. Our initial health and wellness fair included approximately ten exhibitors five years ago. In 2014, we saw over thirty exhibitors at some locations!

Our employees work as far south as Boca and as far north as Vero Beach. With 17 schools and over 50 parishes, I had my work cut out for me! Our vision was to reach all employees, identify what health issues and topics they were interested in, and develop programs to meet their needs.

We developed walking challenges, began facilitating "lunch and learn" programs, increased the number of exhibitors for our wellness fairs and provided more locations for the health fairs so that more employees could take advantage of all there was to offer!

In addition to the Florida Blue wellness newsletter, we also publish our own monthly newsletter. We also participate in National Breast Cancer Awareness month activities, Heart Disease Awareness and others by encouraging our employees to "wear pink" or "wear red" to show their support of these important causes. Photos of the staff and teachers are then included in our newsletter to show that we are all in this together.

Being a partner with Florida Blue has also been a phenomenal experience. The staff of Florida Blue truly cares about the wellbeing of our employees and that is very obvious in the quality of programs that they offer and the quality of presenters that they have provided.

My boss calls me the "wellness cheerleader", as I strive to motivate others to participate in whatever it is we are doing, and have fun while doing it! We have had several walking challenges, "lunch and learns" on stress management, nutrition and healthy eating, fitness and more.

After our last round of health fairs in the Fall of 2014, we saw significant improvements in several critical areas. In a nutshell, our employees were getting healthier and I was excited! I will continue to reach out to our schools and parishes to plant seeds of excitement and encouragement. I hope that just by just changing one unhealthy behavior, our employees will lead a longer and better quality of life.

One of my goals is to bring an even greater level of commitment and excitement to the wellness program for the employees of the Diocese of Palm Beach by reaching even more employees and offering them alternative ways to reach their own personal health goals."

fresh

AND  
HEALTHY

RECIPE  
OF THE  
MONTH



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## Southwest Quinoa Cakes

This healthy quinoa cake recipe is packed with protein from the black beans, eggs, cottage cheese and quinoa. Try serving the quinoa cakes with a mouthwatering and incredibly easy blender salsa; if you don't like the heat, leave out the chipotle pepper. Red quinoa is pleasing to look at, but any color quinoa will work just as well.

**Makes:** 6 servings

**Serving Size:** 2 cakes & 1/4 cup salsa

### Ingredients:

- 2 cups water
- 1 cup quinoa, preferably red quinoa
- 4 large eggs, lightly beaten
- 1 cup canned black beans, rinsed
- 3/4 cup reduced-fat cottage cheese
- 1/4 cup sliced scallions
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt, plus a pinch, divided
- 1 cup shredded pepper Jack cheese
- 1 14-ounce can fire-roasted diced tomatoes
- 1 clove garlic
- 1 small chipotle pepper in adobo sauce (see Tip)
- 1/4 cup chopped fresh cilantro
- 1 avocado, chopped

### Preparation:

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Transfer to a large bowl and let cool for about 10 minutes.
3. Add eggs, beans, cottage cheese, scallions, flour, baking powder and 1/4 teaspoon salt to the quinoa and stir until well combined. Divide the mixture among the muffin cups (about 1/4 cup each). Top each quinoa cake with about 1 tablespoon cheese.
4. Bake the cakes until puffed and a little brown on top, about 20 minutes. Let cool in the pan for 5 minutes. Gently loosen and remove with a paring knife.
5. Meanwhile, place tomatoes, garlic, chipotle pepper and a pinch of salt in a blender and puree until smooth. Transfer to a small bowl and stir in cilantro.
6. Serve the cakes with the salsa and avocado.

### Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate the salsa (Step 5) for up to 3 days; bring to room temperature before serving.
- Chipotle Chile peppers in adobo sauce are smoked jalapeños packed in a flavorful, spicy sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep for up to 2 weeks in the refrigerator or 6 months in the freezer.

**Nutrition:** Per serving: 365 calories; 17 g fat (6 g sat, 5 g mono); 140 mg cholesterol; 35 g carbohydrates; 0 g added sugars; 6 g total sugars; 19 g protein; 7 g fiber; 662 mg sodium; 515 mg potassium.

Recipe courtesy of Eatingwell.com

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